



SEPTEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 Ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (443)262-4423 Kent (410) 810-0125</p>		<p>Services:- Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 Ext: 4510 La Leche League (LLL)-Please refer to website for more information: http://www.lllofmd-de-dc.org/</p>				1
2	3 Labor Day	4 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	5 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	6	7 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE	8
9	10	11	12 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	13 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE	14	15
16	17	18 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE YMCA - Easton -4- 6pm - Breastfeeding Support Group -443- 949-5180 -FREE	19 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	20	21	22 UM Shore Regional Health - Easton -9-12:15- Breastfeeding Baby -410-822-1000 ext:5200

23/30			Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE Union Hospital – Elkton -6:30-9pm – Breastfeeding Basics -(443)245-7305 -FREE (if enrolled in birthing class)		
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OCTOBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (443)262-4423 Kent (410) 810-0125		Services:- Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510		La Leche League (LLL)-Please refer to website for more information: http://www.llofmd-de-dc.org/		
	1	2 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	3 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	4	5 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE	6
7	8 Columbus Day	9	10 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	11 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE	12	13

14	15	16 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE YMCA - Easton -4- 6pm - Breastfeeding Support Group -443- 949-5180 -FREE	17 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	18	19	20
21	22	23	24 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	25 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE	26	27
28	29	30	31 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE			



NOVEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (443)262-4423 Kent (410) 810-0125		La Leche League (LLL)-Please refer to website for more information: http://www.llofmd-de-dc.org/	Services:- Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.- International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510			
			1 Union Hospital – Elkton	2 Anne Arundel Medical Center	3	

				-6:30-9pm – Breastfeeding Basics -(443)245-7305 -FREE (if enrolled in birthing class)	-7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE	
4	5	6 Election Day UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	7 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	8 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE	9	10
11	12 Veteran's Day	13	14 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	15	16	17 UM Shore Regional Health - Easton -9-12:15- Breastfeeding Baby -410-822-1000 ext:5200
18	19	20 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE YMCA - Easton -4- 6pm - Breastfeeding Support Group -443- 949-5180 -FREE	21 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	22 Thanksgiving	23 American Indian Heritage Day	24

25	26	27	28 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	29	30	